PERSONAL INVITATION
You have a personal principal’s invitation to attend the upcoming ‘Cyber Safety Lady’ information session on Tuesday night, 3 March at 7pm in the school assembly hall.
This is a meeting not to be missed!
Leonie Smith’s presentation is aimed at keeping you and your family safe online. Leonie was a cyber-safety ambassador for the 2013 Australian Governments ‘Stay Smart Online Campaign’. She was a co-founder for ‘Aussie Deaf Kids’, an online support group and website for parents started in 2000. Leonie is a founding board member for ‘The Community Brave Foundation’ an anti-bullying charity. As an online media pioneer, Leonie is featured in the ‘New Media’ section in the ‘Australian Centre of the Moving Image’ as the creator /producer/host of the world’s first TV show filmed in virtual world.
Leonie Smith is a sought after media commentator on cyber safety and safe use of apps and social media. She has been featured on ‘60 Minutes’ ‘The Project’ ‘The Morning Show’ and in many other broadcast and print media. Her message is overall a positive one about the online world. Her passion is to help all users to enjoy the digital world in safety.
I am very concerned that our students have the best positive online experience in the use of social media and online learning both at school and at home. I want us to become an eSafety School which I can’t do without you as parents and the entire school community working with me in tandem. I urge you to please ensure at least one member from your household attends the information evening tomorrow night. There is no cost. The school is absorbing the fee to have the Cyber Safety Lady presentation for the community.

Do You Really Know Enough About Digital Technology To Protect Your Child?
Recent studies show that 70% of students are hiding their online behaviour from their parents. This is why most parents feel their children are safe online. But are they?

**How Cyber Smart Are You?**

Quick quiz.
1. Which apps are the worst for cyber bullying and most used by predators?
2. What is the most popular way to cyber bully?
3. Do your children know how to avoid being cyber bullied?
4. What important steps should you take if your child has been bullied online?
5. Why is hiding your friends list on Facebook essential, & how do you do that?
6. What setting shows you what strangers see about your child on Facebook?
7. What are “In App Purchases” & the 15min window on iTunes why should you turn them off?
8. Where are the settings to filter out adult content on Google/YouTube Devices?
9. Best way to supervise your child online without spying?
10. What is the most effective way to get children to switch off?
11. How do you tell if an app is safe or not?
12. What safety settings have you enabled on your child’s laptop/iPad/phone for school?
13. What are “Whisper” “Yik Yak” “Secret” “Snapchat” and “MeowChat”?
14. What is a #hashtag and why do you need to know?

If you can’t answer these questions correctly you don’t know enough about cyber safety to protect your child’s digital future.

To find out the answers to these important questions you need to attend this “one of a kind” Cyber Safety talk. Leonie Smith “The Cyber Safety Lady” helps parents navigate through the digital minefield with up to date information on the latest online trends and apps. Leonie gives parents practical tips on how to parent in the digital age.

**SCHOOL VALUES LEAF REWARD SYSTEM**

At Oatley West Public School our Wellbeing Policy incorporates Values Leaves as a reward for students who are demonstrating our school values. We have eight school values at Oatley West:

- Fairness
- Respect
- Excellence
- Integrity
- Responsibility
- Co-operation
- Care
- Participation

Attached to the newsletter is a summary sheet of what each of the eight values represent. You can be involved by asking your child questions about their sticker.

Questions that you can ask your child when they receive a Value Leaf:
- What value were you following when you received your leaf?
- How were you showing that value?
- How do you think that made others feel?

When students receive eight values leaf stickers in one year they receive a Value Tree Award. A Value Tree Sticker chart is also attached to print out so you can record the values leaves at home too.

Benefits we can hope to enjoy:
1. A consistent approach to relationships across all members of the school community.
2. Building character in a moral framework.
3. Promoting empathy and compassion for others.
4. Providing a framework of values to help navigate our way towards the resolution of conflict.
5. Valuing and including all in our community.
6. Building a harmonious school that provides a model for future life choices.
7. Feeling safe and cared for.
8. Building a happy contented and satisfied community.
9. Maximizing our potential for individual and communal benefit.

**DISTRICT SWIMMING CARNIVAL**

Our school won the district swimming carnival – champion school. Well done to all the students that participated and to our teachers that accompanied them on the day.
Well done everyone! I'm sure there will be more news further along in the newsletter.

CLEAN UP AUSTRALIA DAY/CLEAN UP SCHOOL DAY
Unfortunately we were unable to take part in the Clean up Your School day last Friday due to weather conditions. Today however we were on deck and each class took an area within the school to make sure our little part of the world is as clean as it can be. This is a great initiative with great commitment Australia wide each year. Our playground was certainly a lot better this year with Ms Knott’s student ‘Environmental Warriors’ to ensure the playground is clean and tidy each and every day.

Ms Knott met with a group of Oatley West students and their families on Sunday and cleaned the outside of the school fences and found some very interesting rubbish within this area, old tyres included. A lot of this rubbish was hidden underneath the trees and low scrub. Many thanks to those students and their families for joining with Ms Knott on Sunday.

THOUGHT FOR THE WEEK
Plan ahead or find trouble on the doorstep.
Confucius

Congratulations to Vicki who broke two records, 11 years Girls Freestyle (31.62 swum in heats) and 11 years Girls Butterfly (35.97).
Premier’s Reading Challenge

The Premier’s Reading Challenge begins this week and all Oatley West students are invited to participate. The PRC aims to encourage in students a love of reading for leisure and pleasure and to enable them to experience quality literature.

Permission notes will be sent home with students next week. K-2 students will complete the challenge of reading 30 books by the 21st August in their classrooms and during Library lessons. If your child would like to complete an extra reading log at home they will be available from the Library next week. A school certificate will be awarded to students who complete extra PRC reading logs.

Years 3 to 6 will complete a written Reading log in the Library of their 20 books and can add entries through the PRC internet site. More details will be included with their permission notes.

All students who complete this individual challenge receive a PRC certificate in December.

Mrs V. Morris and Mrs R. Fitzpatrick

Kids Matter

Oatley West is proud to be a Kids Matter School. KidsMatter Primary school focus on the whole child, in particular students’ mental health and wellbeing. When a student is mentally healthy they perform better at school and they are able to effectively deal with different situations throughout their life. This program has been developed by mental health and education experts and works in collaboration with schools to meet the needs of each school.

In May last year we had our Kids Matter launch, which was very successful. Our astroturf was full of Oatley West families, who were invited in for a whole school picnic. We were also graced with the musical stylings of the very talented, Alex Gibson.

For parents and new families who have only come to our school this year - WELCOME! Attached is some more information on KidsMatter and it's positive impact.

On the 10th March at the Teddy Bear’s Picnic, the OWPS Wellbeing Team will hold a table with more information about mental health and you are welcome to drop by and meet the team and ask any questions you may have.

Hope to see many families there.

The Wellbeing Team
Miss Morgan (Co-ordinator), Mr Nash, Mrs Chapple, Mrs McDonald, Miss Farah, Miss Benita, Ms Manuel, Mrs O'Reilly, Miss Aravanopoulos, Mrs Colbert, Mrs Walker and Mrs Brown

Sport Reports

GIRLS BASKETBALL-ROUND 2

Our girls played two excellent games against Narwee here at school last Friday.

The Juniors won with a whopping 44-6 result. Top scorer was Chantelle with an amazing 16 points followed by Leah with 8 points, Emma and Kate scored 6 points each while Marissa and Myranda each scored 4 points. Great game girls!

The Seniors had a harder game but managed to win 30-18. Top scorer was Vicki with an impressive 16 points, Maya scored 8 points, Ashley 4 points and Paris scored 2 points. Well done on some great team play.

This Friday we play Lugarno here at school.

Thanks once again to Gretel Bush for refereeing the games.

Anne Laurence
DISTRICT SWIMMING CARNIVAL

The Georges River District Swimming Carnival was held last Thursday 26th February at Roselands Swimming Centre. Congratulations to all our competitors – there were some great results on the day. **The best result was the fact that Oatley West won the title of Champion School beating 13 other schools from our district!!**

There were 9 swimmers selected to compete in the Sydney East PSSA Swimming Carnival which will be held at Homebush on **Wednesday 18th March**. Congratulations to Ben H, Connor S, Kai R, Emily G, Penny L, Vicki L, Ashley C, Molly P and Lara B. These students received a permission note today which needs to be returned to me ASAP please.

Once again congratulations Oatley West!!

Anne Laurence- Sports Coordinator
For living our values

Congratulations

____________
(Name)

You are on the way to receiving a school value award

What value were you following when you received your leaf?
How were you showing that value?
How do you think that made others feel?

“It's not hard to make decisions when you know what your values are”

Don't forget!
You have to be a good friend, to have good friends.
OATLEY WEST PUBLIC SCHOOL

CORE VALUES

Care
Play safely
Show concern for the well-being of others
Be friendly and make others feel welcome
Consider the needs of everyone

Excellence
Always try your personal best
Celebrate your achievements and the achievements of others
Be proud of your school

Co-operation
Work together to achieve common goals
opportunity
Help each other to succeed
Work together to peacefully resolve conflict
Listen to the views of others

Fairness
Everyone gets an equal
Stand up for others who need help
Play by the rules

Respect
Be polite, co-operative and sensible
Treat people as you would like to be treated
Accept and celebrate our differences

Integrity
Speak the truth
Respect personal activities at the school
Contribute ideas to improve our school

Participation
Join in and enjoy school activities
Support the activities at the school
Contribute ideas to improve our school

Responsibility
Take responsibility for your choices
Provide a good example for others
Be in the right place at the right time

STUDENTS AT OATLEY WEST ARE ENCOURAGED TO LIVE BY OUR SCHOOL VALUES

If your child receives a Value Leaf or Value Leaf Sticker it is important to:
“Open up and talk about it with them at home.”

Questions that you can ask your child when they receive a Value Leaf:

What value were you following when you received your leaf?
How were you showing that value?
How do you think that made others feel?

Children may receive a Value Leaf for displaying the Core Values. If a child receives eight leaves in one year they will receive a Value Tree Award.
Introducing KidsMatter Primary

Good mental health is vital for life. Children who are mentally healthy are better able to meet life’s challenges and have stronger relationships with the people around them. They are also better learners who are more likely to succeed at school. Good mental health in childhood provides a solid basis for managing changes as they grow.

On the other hand, children who are exposed to multiple stressors – such as a family breakdown, poverty, abuse, racism, bullying, or the mental illness of a parent – are at a higher risk of developing emotional or behavioural problems that can continue into adulthood.

It’s not always possible to tell which children will develop difficulties, so it’s important to consider the wellbeing of all children.

The good news is that KidsMatter Primary is all about growing healthy minds. KidsMatter is a mental health and wellbeing framework that helps schools focus on the development of all their students in partnership with families. It was developed by mental health and education experts and has already made a big difference to the lives of Australian children.

Does KidsMatter Primary work?

KidsMatter Primary works because it unites all the people that influence children’s mental health most – families, school staff and the wider community.

KidsMatter Primary can help improve:

- the mental health and wellbeing of students
- the quality of their school work
- the ability of parents, carers and teaching staff to help children deal with problems
- NAPLAN results – when schools implement KidsMatter Primary well.

KidsMatter Primary was developed in collaboration with beyondblue, the Australian Psychological Society, and the Principals Australia Institute, with funding from the Australian Government Department of Health and Ageing and beyondblue.

How does KidsMatter Primary work?

When schools take on KidsMatter Primary, they build on the work they are already doing to support students’ mental health and wellbeing. Firstly, they form an Action Team to represent the whole-school community and to coordinate and lead the implementation of the initiative. The Action Team reviews the schools’ current efforts across four focus areas (or ‘components’). They look for ways they can strengthen these efforts, and then take action using a step-by-step planning process.

Every school is different, with different needs for their students and families. The KidsMatter Primary framework covers four components that have shown to be highly successful in supporting the mental health and wellbeing of children.
Positive school community

Positive and respectful relationships at school help children and families feel that they belong and that their contributions are valued. A positive school community also gives children a sense of security that their needs will be met. Research shows that when children and families feel connected to school, children are less likely to develop mental health difficulties and are more likely to succeed academically.

Social and emotional learning for students

Learning how to manage feelings and get on with others is an important part of children’s development. It helps them become better learners and feel good about themselves. Teaching children social and emotional skills as part of the school curriculum gives them tools for coping with emotions, solving problems and learning more effectively.

Working with parents and carers

In order to promote children’s mental health and wellbeing, it makes sense for families and schools to work closely together. Schools can support parents and carers by providing useful parenting information and resources, and by connecting them with further assistance if required.

Helping children with mental health difficulties

It can make a significant difference when children and families are able to access mental health intervention early. KidsMatter primary schools learn to respond more effectively to children’s mental health difficulties by recognising and responding to concerns that may need following-up. They can provide information to families and develop links with health and community agencies in their local area.

How can families help?

Families are the biggest influence on children’s mental health and play a very important role in KidsMatter. Children benefit when the important people in their lives work together and have a shared understanding of their development and their needs. KidsMatter Primary has developed a range of information sheets with parenting tips and strategies to help all Australian families support the wellbeing of their children. View them online at www.kidsmatter.edu.au

If your child’s school is participating in KidsMatter Primary, there are many things you can do to help make it a success:

- Read the KidsMatter Primary information sheets to further your understanding about children’s mental health.
- Develop relationships with staff, so you can share knowledge and information about how they can support your child.
- Get involved in the Action Team.
- Ask staff how KidsMatter Primary is being implemented.
- Participate in school activities to build a sense of community.
- Respond to any school requests for ideas or information.
- Talk to other parents and carers about ways the school can support your needs.
- Let the school know what skills or talents you are happy to share.

This resource is part of a range of KidsMatter Primary information sheets for families and school staff. View them all online at www.kidsmatter.edu.au


You are invited to
The Oatley West Public School

**Teddy Bear’s Picnic**

Tuesday, 10th March 2015
8.00-9.15am

Hosted by the SRC to celebrate coming back to school and to raise money for Bandage Bear Day. Bring a picnic blanket and breakfast to eat on the astroturf. Coffee and Bandage Bear merchandise will be available for purchase.

Clip-on Bandage bears ($5), pens ($3) and pins ($2) will all be available. Parents, friends, grandparents and especially teddy bears are all welcome!

Come down for a relaxing morning to get to know the Oatley West community!
IT’S NOT TOO LATE TO PLAY FOR YOUR LOCAL CLUB.

PLAYERS ARE STILL REQUIRED FOR UNDER 6, 8, 9 & 10.

PLEASE CALL ALAN COMRIE – 0410 579 263